[For a Fresh Strain]

Date: 1784/01/01

Publication Format
Print

Type
Medicine

Symptoms
strain
sprain

Ingredients
linseed oil
rectified wine spirits
oil of spike (lavender)
plaster of Paracelsus
adbernium

Places
Nova Scotia
Halifax

Source: Nova Scotia Calender, or an Almanack [...] by Metonicus 1784 (online), "The Treasure of Health" | **Source Origin:** Canadiana | **Sublocation:** https://www.canadiana.ca/view/oocihm.39176/1

Transcription

For a fresh Strain:

Take of linseed-oil, and rectified spirit of wine, of each two ounces ; oil of spike, one ounce ; mix and rub the part very well with it, and lay to it a plaster of paracelsus, with an equal part of adbernium.

For a Fresh Strain recipe from Early Modern Maritime Recipes: https://emmr.lib.unb.ca/recipes/697